

SBRC Gym Schedule

JANUARY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Open Gym		Open Gym	Open Gym	*Gym Rental	
6:30am	Open Gym	Bootcamp		Bootcamp		1/23 12:00-1:30	
7:00am		6:30-7:30		6:30-7:30		12.00-1.50	
7:30am	6:00-8:00	Complete	Open Gym 6:00-12:00	Complete	6:00-9:00		
8:00am		Conditioning 7:30-8:30	0.00-12.00	Conditioning 7:30-8:30		Open Gym	
8:30am		Drop-in Total		Drop-in Total		Drop-in Total Body Fit	Drop-in
9:00am	Setup	Body Fit		Body Fit	Setup	8:30-9:30	Adult
9:30am		8:50-9:50	Gymna	8:50-9:50			Basketball
10:00am	Gym Jam	00	stics	0 0	Gym Jam	Drop-in	8:00-11:00
10:30am	9:30-11:30	Open Gym 10:00-11:30	9:30-	Open Gym 10:00-11:30	9:30-11:30	Womens Volleyball	
11:00am		10.00 11.50	11:45	10.00 11.50		9:30-12:00	Open Gym
11:30am	Cleanup	Drop-in	Open Gym	Drop-in	Cleanup		11:00-12:00
12:00pm	Drop-in Sprts Conditioning	Adult	Drop-in Sprts Conditioning	Adult	Drop-in Sprts Conditioning	Open Gym	
12:30pm	12:00-1:00	Basketball	12:00-1:00	Basketball	12:00-1:00	12:00-5:00*	
1:00pm		11:30-1:30	Drop-in	11:30-1:30		All	Youth
1:30pm			Adult Bball 1:00-			Ages Open	Volleyball 12:00-3:00
2:00pm	Open Gym 1:00-4:00	Drop-in	2:30	Drop-in	Open Gym 1:00-3:30	Bball Gym	12.00 3.00
2:30pm	1.00-4.00	Pickleball 1:30-3:30	Open Gym	Pickleball 1:30-3:30	1.00-3.30	1-3	
3:00pm		1.30 3.30	1:00-3:00	1.50 5.50		Gym	
3:30pm		Open Gym	Gymna			Rental 3	Open Gym
4:00pm	All Ages BBall 3:30		Drop-in Adult Stics		Drop-in Adult	4pm* Open Gym	3:00-5:00
4:30pm	Yth Sprts 5:00	4:00-5:00 starts 1/19	Bball 3-5 3:30-	Open Gym	Bball 3:30-5:00	3:00-5:00	
5:00pm	Open Gym	Supertots	5:15	3:30-6:00	Open Gym	*1/9 Gym	
5:30pm	5:00-6:00	Sampler starts 1/12	Open Gym 5:00-6:00		3:00-5:00	Rental from	
6:00pm		League Basketball 6:00-10:00	League Basketball 6:00-10:00	Dodgeball 6:00-9:00	Drop-in Badminton	2:30-4:30	
6:30pm	Women's						
7:00pm	Basketball				5:45-7:45	~	
7:30pm	6:00-8:30 starts 1/11						
8:00pm	3(4) (3 1/11						
8:30pm	Open Gym	0.00-10.00	0.00-10.00				77
9:00pm	8:30-9:30			Open Gym			
9:30pm							